

1-1-5 Fitness Goal Setting Worksheet

One value, One goal, and 5 actions and strategies to support my goal

Value: Write my intentions or values that are important to my fitness.		
Goal: Write one goal that supports the value as a specific and measurable fitness goal.		
5 Actions that support my goal	Strategies to achieve my actions	Target date for completion
1.		
2.		
3.		
4.		
5.		